

Abstract

A method for replacing a damaged spinal disc between first and second vertebrae of a spinal column includes connecting a first mounting member with the first vertebra of the spinal column. An artificial disc is moved between the first and second vertebrae and into engagement with the first mounting member to guide the artificial disc into position between the first and second vertebrae. The artificial disc includes a resilient core having a first surface and a second surface, a first retaining member connected to the first surface of the resilient core, and a second retaining member connected to the second surface of the resilient core. The first retaining member has an outer surface engageable with a first vertebra of the spinal column and an inner surface facing the first surface of the resilient core. The second retaining member has an outer surface engageable with the second vertebra of the spinal column and an inner surface facing the second surface of the resilient core.